

## **SHEELA SHARMA, RN**

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### **PROFESSIONAL SUMMARY**

Registered Nurse with a strong clinical foundation and hands-on experience in long-term care, hospital, and supervised practice settings. Skilled in comprehensive patient assessment, care planning, medication administration, clinical decision-making, and therapeutic nursing interventions. Demonstrates leadership in coordinating and collaborating with interdisciplinary healthcare teams to deliver safe, ethical, evidence-informed, and patient- and family-centered care. Committed to promoting positive health outcomes through effective communication, critical thinking, and compassionate nursing practice aligned with CNO standards.

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### **WORK EXPERIENCE**

#### **Registered Nurse – Clinical Responsibilities (SPEP / Long-Term Care)**

Rockcliffe Care Community, 3015 Lawrence Ave E, Scarborough, ON, M1P 2V7, Canada, March 2026

- Perform comprehensive client assessments (health history, physical, emotional, psychosocial) and use clinical judgment to develop, implement, evaluate, and revise individualized evidence-based care plans.
- Deliver safe, evidence-based nursing care including interventions, treatments, health teaching, and preventive care while maintaining client safety, privacy, and confidentiality.
- Collaborate effectively with the interprofessional team to provide holistic, client-centered care, participate in case discussions, and support continuity of care.
- Maintain accurate, timely EHR documentation and follow CNO standards, legislation (RHPA, OHSA, Public Health), and organizational policies in all aspects of practice.
- Engage in quality improvement, mentorship of students/peers, and advocacy for diverse and vulnerable populations while demonstrating strong clinical judgment and professional accountability.

#### **Personal Support Worker**

#### **Sienna Senior Living - Rockcliffe Care Community & Harmony Hills (November 2023 - Present)**

- Assisted residents with activities of daily living (ADLs), including bathing, dressing, toileting, feeding, and mobility support.
- Monitored residents' physical and cognitive status and promptly reported changes to the nursing team.
- Responded to call bells and provided timely, compassionate care to ensure resident safety and comfort.
- Assisted with transfers, repositioning, ambulation, and fall prevention interventions.
- Supported residents with dementia and complex care needs using person-centered and therapeutic approaches.
- Maintained accurate documentation and confidentiality in accordance with organizational policies.
- Collaborated with RNs, RPNs, and interdisciplinary team members to support individualized care plans.
- Promoted a safe, respectful, and supportive environment while maintaining residents' dignity and independence.

#### **Aradhya Hospital**

#### **Medical-Surgical Units (Clinical Nursing) (March 2022-April 2023)**

- Conducted patient assessments including vital signs, pain assessment, and health history collection

- Assisted in care planning and delivered nursing care under RN supervision
- Administered medications (oral, SC, IM) and performed wound care and sterile dressings following safety protocols
- Documented patient care in EMR systems and monitored/report changes to RNs and physicians
- Provided post-operative care, patient education, and collaborated with interprofessional healthcare teams

### **EDUCATION**

1. NURS8963 - Transition to Nursing Practice — Conestoga College (June 2025 - August 2025)
2. Postgraduate in Advanced Health Care Leadership - Health Care & Safety — Lambton College, Toronto, Ontario, Canada (September 2023 - May 2025)
3. Bachelor Of Science in Nursing — Dhanwantari Nursing College affiliated to Rajiv Gandhi University of Health Science, Bangalore, India (October 2017 - December 2021)

### **LICENSES AND CERTIFICATION**

- Current registration and good standing with the College of Nurses of Ontario (CNO).
- Member of the Registered Nurses' Association of Ontario (RNAO).
- Certification of GTA Standard First Aid & CPR Level C/AED - Canadian Red Cross
- Dementia Care Certification (GPA)
- BLS - Canadian Red Cross
- Patient Safety Essentials - Healthcare Excellence Canada

### **Core Skills**

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|--------------------------------------|----------------------------------|
| -Patient Assessment                  | -Care Planning and Evaluation    |
| -Medication Administration           | -Teamwork                        |
| -Wound Care and infection Control    | -Conflict resolution             |
| -Communication and EMR documentation | -Time Management                 |
| -Critical Thinking                   | -Triage and clinical observation |

*References available upon request*